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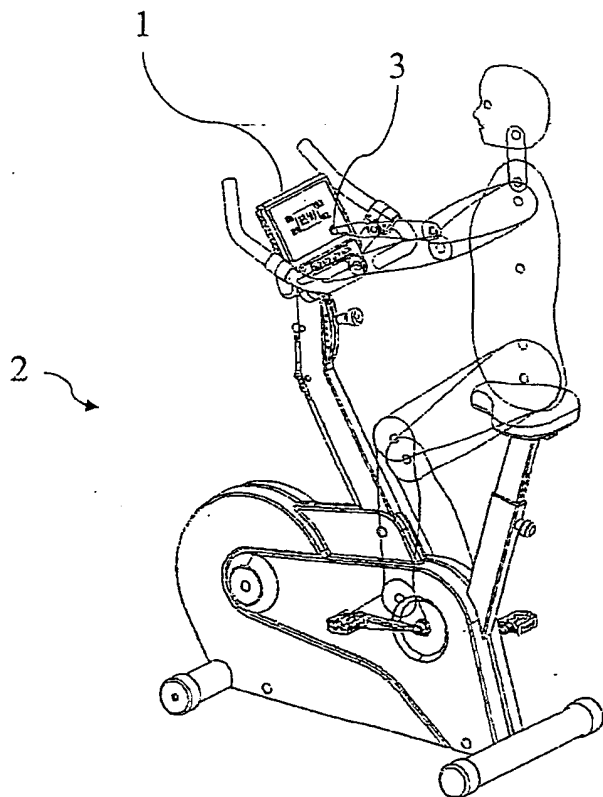
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(54) Title: **PRODUCT FOR MEASURING THE EFFECTIVENESS AND EFFICIENCY OF WARMING-UP AND WINDING-DOWN PHYSICAL EXERCISES AND TRAINING EQUIPMENT COMPRISING SAID PRODUCT**



(57) Abstract: Product (1), and training equipment (2) comprising said product, to measure the effectiveness and efficiency of warming-up or winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor (3) to read the body temperature of said individual and means to monitor a variation in the body temperature of said individual produced as a result of said exercises compared to said temperature readings.

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